

Appetizers

Roasted Red Pepper and Feta Dip

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Preparation Time: 25 minutes

Start to Finish Time: 1 hour 10 minutes

1 onion, cut into 1-2-inch wedges
4 cloves garlic, unpeeled
2 tablespoons olive oil
1 cup bottled roasted red bell peppers, drained
1 cup (4 ounce) crumbled feta cheese
2 tablespoons fresh oregano leaves
2 tablespoons lemon juice
1/4 teaspoon salt
1/8 to 1/4 teaspoon crushed red pepper
chopped roasted peppers (optional)
feta cheese (optional)
fresh oregano (optional)

Preheat the oven to 425 degrees. Line a baking sheet with foil. Add onion and garlic. Brush with some olive oil. Roast for 30 to 35 minutes or until the onion wedges and garlic are tender.

In a food processor, combine the peppers and onion. Squeeze garlic from the peels into the processor. Add the remaining oil, feta, oregano, lemon juice, salt and crushed red pepper. Cover. Pulse until nearly smooth.

Transfer the dip to a serving bowl. (If desired, top with additional chopped roasted peppers, feta and/or oregano.)

Yield: 1 1/2 cups

Per Serving (excluding unknown items): 701 Calories; 59g Fat (74.4% calories from fat); 23g Protein; 22g Carbohydrate; 2g Dietary Fiber; 134mg Cholesterol; 2213mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 10 Fat.